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## QUARTERLY H-PLUS® TAPE

### *Imprint*

This quarter brings you another *HUMAN-PLUS* tape, called *Imprint*. This tape is designed to help you both to record and recall any information or experience.

The hallmark of the *Human-Plus* system is that it capitalizes on innate human functioning. Your brain already has encoded within the webwork of its hundred-million-or-so neurons the exact memory of your entire life experience. Back in the 1950's, Canadian neuroscientist Dr. Wilder Penfield, through mild direct electrical stimulation of subjects' brain tissue, was able to evoke vivid memories that contained not only all the sensory information of long-past experiences, but extremely rich psychic and emotional information as well. Whether through cultural conditioning, habitual disuse, or self-limiting concepts, we have closed off our access to the boundless potential of our brain to provide us with memory information. Instead, we struggle and strain and use all varieties of mnemonic techniques to remember even the most simple items, often only to fail, like when we've determinedly walked all the way back to Aisle 2 in the grocery store, and cannot for the life of us recall why. With *Imprint*, the natural potential of your brain becomes available to you.

The *Imprint* function makes use of the Hemi-Sync® technology by assisting you in establishing a coherency and synchronization of the electrical functioning of the left and right brain hemispheres. Within this enhanced learning environment, you are guided in the opening of an Access Channel that creates a condition in which your mind, body, emotions, and total self are highly receptive to new patterns of behavior. With this Access Channel open, you are given an instruction that directs your entire being in a method to store in memory any information that you desire, and also to recall that information at will. To use the *Imprint* function, all you need to do is inhale deeply, focus your attention on what you want to remember, say or think in your mind, "Plus-*Imprint Imprint*," then exhale through your mouth. To recall memory information, all you need to do is say or think "Plus-*Recall*."

Before you listen to the side of your *H-PLUS* tape that is labelled "*Imprint*," you first need to have practiced establishing your Access Channel. To do this, listen to Side 1 of the tape, labelled PREP. To optimize your learning of the *H-Plus* function, we recommend that you listen to the tape while sitting or lying down in a comfortable position, in a place where you will be free of distractions and interruptions. Remember to use stereo headphones.

*H-PLUS* functions can be made more powerful and effective if used in combination. Just before using *Imprint*, you may find it helpful to use the *Relax* and the *Attention* functions. You

might even try using the "Plus - Recall" command for information you haven't stored using the *Imprint* command, and see how it works!

Use *Imprint* to store and recall telephone numbers, grocery lists, dreams material, names at a party, or when reading or studying. Remember that results come with frequent use, so if at first you don't succeed.... (now what was the rest of that saying?)

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

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